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| **G:\Kwon'TKD\Logos\COLOR LOGO.jpg BASIC NUMBER THREE** |  |
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**(Little Tigers)**

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| **C:\Users\King\Desktop\kibon\IMG_9728 - 복사본.JPG** |  | **C:\Users\King\Desktop\kibon\IMG_9737 - 복사본.JPG** | |  | **C:\Users\King\Desktop\kibon\IMG_9755 - 복사본.JPG** |  | **C:\Users\King\Desktop\kibon\IMG_9756 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9757 - 복사본.JPG** |
| **1** |  | | **2** |  | **3** |  | **4** | **5** |

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| --- | --- | --- | --- | --- |
| **Hand side** | **Bow** | **Hand on your hips** |  |  |
| **Attention stance** | **Attention stance** | **Attention stance** | **Ready stance** | **Horseback stance** |
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|  |  |  |  |  |
| **10** | **9** | **8** | **7** | **6** |

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| --- | --- | --- | --- | --- |
| **Hand on your side** |  |  |  |  |
| **Attention stance** | **Ready stance** | **Long stance** | **Ready stance** | **Long stance** |

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| **C:\Users\King\Desktop\kibon\IMG_9737 - 복사본.JPG** | | | |
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|  |  |  |  | **Thank you Sir !** |
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**Kwon’s Taekwondo Little Tigers Course**

**White & Orange Stripe Belt**

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| Stances | Attention, Ready stance, Horseback Riding stance, Walking stance, Kicking stance |
| Blocks | Low block, High block, In block |
| Strikes | Punch (1,2,3) |
| **Form**  **(Yellow Stripe)** | **BASIC NUMBER THREE (3)** |
| **Kicking Techniques**  **(Blue Stripe)** | **FRONT KICK, AXE KICK** |
| **Board Breaking**  **(Red Stripe)** | **ELBOW STRIKE** |
| Kicking Combination | 1. Front kick – axe kick  2. Front kick - axe kick - double punch |
| **Korean Terms** | 1. **What is your master’s name?**–Young Min Kwon Sir!  2. **What do you learn at this school?**–Tae Kwon Do Sir!  3. What is your parents name?  4. What is your parents phone number?  5. **SA BUM NIM -** Master instructor  6. **KAM SA HAM NI DA** – Thank you  7. **AN NYUNG HA SE YO?** - How are you?  8. **AN NYUNG HI GEI SE YO** – Good- bye  9. **CHA RYEOT** - Attention  10. **KYEUNG NAE** - Bow  11. **JUN BEE** - Ready  12. SHI JAK - Begin  13. BA RO - Return  14. KI HAP - Yelling  15. **Korean counting 11 – 20** |

**Testing for White & Green Stripe Belt**

Student must have 3 for color tips (Yellow, Blue, Red)

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| **Techniques you will be asked to demonstrate**   * Basic stances, strikes, blocks * Kicking Techniques / Kicking combinations * BASIC NUMBER THREE (3) * Breaking Board (Elbow Strike) * Korean Terms / Physical Fitness (15 Push up, 15 Sit up) |